

*Gzhiijwang Ziibi Dabaadjimowin*

*Government news you can use*

*Gdinimikaago ... Mino Enuhkummequd*

# *Rapid River News!*

*Waawaaskone-Giizis (Flower Moon)*  
*May 25, 2009 Volume 4 Issue 20*

*From L.R.B.O.I.*



*(The following information comes from a weekly update supplied to the Ogema concerning the tribal government, local communities and issues that affect overall tribal business.)*

## **Inside the Rapid River News!**

P.02- Court Docket

P. 03- Jiingtamok

P.04- Language Camp

P.06- Tribal Health Clinic

*Office of Public  
Affairs  
Contact Information  
1-888-723-8288  
1-231-398-6840*

## **Heat Awareness Day**

**The weather service has issued a notice about the dangers of high heat conditions and how they can affect you. Please see the full notice on page 5 as you plan your summer activities.**

## *Board of Directors meetings*

- May 29, 2009 Board of Directors Open Session to be held in the Grand River Room at 4:00 p.m.
- June 26, 2009 Board of Directors Open Session to be held in the Grand River Room in the Casino at 4:00 p.m.

## *Election Certified!*

**All of the 2009 Election Winners have been certified by the Tribal Election Board with the exception of the Outlying contest.**

**There is an ongoing court case affecting this race.**

**Watch the RRN for updates.**

## **RFP's for Muskegon**

Requests for Proposals for services in Muskegon have been issued in the following areas:

- \* Lawn Care/Landscaping (West Hackley office and Great Lakes Downs)
- \* Building Maintenance (West Hackley office)
- \* House Keeping (West Hackley office)

If you have interest in seeing these RFP's for bidding purposes please contact

Michelle Lucas in Purchasing  
(ext 6804).



This information is subject to change without prior notice. Updated: 4-29-09

If you are interested in a hearing, please call the Tribal Court office (231-398-3406) the day before to confirm the schedule.

#### Hearing Key Code

CO - Cora Offense/Conservation  
DM - Divorce with children  
EB - Election Board Appeal  
FSJ - Foreign Support Judgment  
GM - Guardianship of Minor  
JV - Juvenile  
NC - Name Change  
TA - Trust Access

CS - Child Support  
DO - Divorce w/o children  
EM - Emancipation of Minor  
GA - Gaming Appeal  
GR - Employment Matter  
LT - Landlord Tenant  
PF - Probate  
TM - Tribal Misdemeanor

CT - Civil Ticket  
EA - Enrollment Appeal  
FJ - Foreign Judgment  
GC - General Civil  
JC - Judicial Complaint  
NA - Neglect Abuse  
PPO - Personal Protection Order  
WC - Workmen's Compensation

### Tuesday, May 26, 2009; Judge Pope

- 10:00 a.m. 08195GC - Sam et al v. Kelsey Motion Hearings
- 3:00 p.m. 08315GC - Sam et al v. Crampton Motion Hearings

### Thursday, May 28, 2009; Judge Sherigan

- 1:00 p.m. 09084EB - Crampton v. Election Board Motion Hearing



## Request for programs

A request has come for individual artists, storytellers, and crafters for a program from 1 to 1 1/2 hours long. Programs are at the Lake Michigan Recreation Area Campground at the amphitheatre with outdoor bench seating.

The campground managers are new this year and have asked for help in putting together a list of local available program providers. Contact Ramona Venegas

[rvenegas@fs.fed.us] for more information.

## (Kateri Circle)

*"Conciliation is the key to survival. Peace is the goal."*

--Haida Gwaii, Traditional Circle of Elders

When we make decisions or experience conflict we need to look at the greater whole. The end result we want to accomplish is peace of mind. If we keep this goal in mind, we will, overall, live a happy and fulfilling life. Everything in the world is constantly changing so we should not resist this change. A good question to ask ourselves is, "would I rather be right or happy?" If we would rather be happy, then it is easier to let the little things go. If we would rather be right, we tend to look for the WIN/LOSE.

*Great Spirit, today, give me the tools to seek peace of mind.*



*July 4 and 5th at the Gathering grounds  
Everyone welcome*

Grand Entries: 1PM and 7PM on the 4th  
1 PM on the 5th  
Head Veteran, Host Drums and  
Head Dancers to be announced at a later date  
Vendor Inquiries: 231.398.6895

**Pow Wow:** Here is a link to the flyer for the Tribe's Jiingtamok; please feel free to print and post the flyer and help spread the word. <http://www.lrboi.com/events/docs/2009%20Jiingtamok.pdf>  
Also, please note that due to budgetary reasons, there will not be a princess contest this year.

*Jiingtamok sale!*

Tribal Historical is selling remaining items from 2008 including all 2008 Jiingtamok t-shirts in the sale; children's sizes are only \$5 and adult sizes are only \$10! Please note that ALL hoodies and t-shirts are RED only with white print. Contact Valerie Chandler Tribal Historic Preservation Coordinator 231-398-6895.

## *The Little River Band of Ottawa Indians invites you to the 16th Annual Anishinaabe Family Language / Culture Camp*

Celebrating the unity of our language and culture  
Bring your nation flag and gift for the giveaway

Meals are provided  
Aanii piish  
Manistee Mi.

No registration fee  
Wenesh pii  
July 24, 25, 26 2009

Friday July 24  
Waabini Manidookewin (Sunrise ceremony)  
8:00 Opening Ceremony & Breakfast 8:00 Breakfast  
9:15-12:00 Presentations/workshops  
12:00 Lunch  
1:15-5:00 Presentations/workshops  
5:00 Dinner  
7:00 Jiingtamok/Pow wow

Saturday July 25  
Waabini Manidookewin (Sunrise ceremony)  
9:15-12:00 Presentations/workshops  
12:00 Lunch  
1:15-5:00  
Presentations/workshops  
5:00 Dinner

Sunday July 26  
Waabini Manidookewin (Sunrise ceremony)  
8:00 Breakfast  
9:15-12:00 Presentations/workshops  
12:00 Lunch, Giveaway & Closing



And Don't Miss  
Saturday July 25th  
Crystal Shawanda performance at LRCR  
Doors open at 7:00 Performance at 8:00  
Meet & Greet after the show  
Tickets go on sale on May 9 2009  
For tickets call 800-585-3737 or go to  
[www.starticketsplus.com](http://www.starticketsplus.com)

Some presentations are: Cultural teachings, language learning, pipe teachings, natural medicines, drum making, hoop dancing, flute playing, basket making, hide tanning and games. These presentations and workshops are for all ages. We politely ask that English be the second language used at this camp. These presentations will be in both English and Anishinaabemowin. First come, first serve for the camping area. This great event will take place at the corner of M22 and US 31 across from the Casino. There are showers on site. Bring your Nation flag and we will display it to show the unity of our language and culture. We encourage every family to bring a gift for the giveaway.

Sponsored by the Little River Band of Ottawa Indians of the Anishinaabe Nation  
And the Little River Casino Resort  
For more information please call  
Kenny Neganigwane Pheasant at 231-933-4406 or 231-590-1187 or 231-398-6892  
Terri Raczkowski at 231-398-6891  
Email: [kpheasant@lrboi.com](mailto:kpheasant@lrboi.com) or [kennypheasant@charter.net](mailto:kennypheasant@charter.net)  
"Check out our website on Language Camp page" [www.anishinaabemdaa.com](http://www.anishinaabemdaa.com)

## JOIN THE NATIONAL WEATHER SERVICE IN CELEBRATING HEAT AWARENESS DAY ON MAY 27TH

### Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- 170 people succumb to the demands of heat on an annual basis.
- In the disastrous heat wave of 1980, across the nation more than 1,700 people died.

### Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

### What to Look For

- Excessive Heat Outlooks - available on the web at:  
[http://www.hpc.ncep.noaa.gov/heat\\_index.shtml](http://www.hpc.ncep.noaa.gov/heat_index.shtml)  
[http://www.cpc.ncep.noaa.gov/products/predictions/short\\_range/heat/hi\\_610.php](http://www.cpc.ncep.noaa.gov/products/predictions/short_range/heat/hi_610.php)
- NOAA National Weather Service (NWS) Excessive Heat Watches, Heat Advisories, and Excessive Heat Warnings.

**Heat Advisory** - Issued when the Heat Index (HI), which combines the effects of high temperatures and relative humidity, is expected to be at least 100° for 3 hours or more.

**Excessive Heat Warning** - Issued when the HI is expected to be at least 105° for 3 hours or more.

### Actions to Prevent Heat Disorders

- **Hydrate** - Drink plenty of water!
- **Educate** - Know the latest temperature and heat index forecasts and values. Know the warning signs of heat illness and how to stay cool.
- **Act quickly when heat illness is suspected** - Seek medical attention immediately for any of the following warning signs; cramping, rapid pulse, excessive sweating, red hot skin, nausea, dizziness and/or confusion.
- **Take it easy** - Especially between the hours of 11 am and 6 pm, avoid over exertion. Take breaks at least hourly in the shade or in an air conditioned location.

### First Aid for Heat Disorders

Heat Disorder	Symptoms	First Aid
• <b>Sunburn</b>	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by physician.
• <b>Heat Cramps</b>	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
• <b>Heat Exhaustion</b>	Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
• <b>Heat Stroke</b>	High body temperature (106° or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.



#### NOAA NWS Contacts:

Jamie Bielinski  
NWS Grand Rapids MI  
(616) 949-0643 x726  
<http://weather.gov/gr>

Matt Zike  
NWS Marquette MI  
(906) 475-5782 x726  
<http://weather.gov/mqt>

Jim Keyser  
NWS Northern Lower MI  
(989) 731-3384 x726  
<http://weather.gov/npk>

Richard Pollman  
NWS White Lake MI  
(248) 625-3309 x726  
<http://weather.gov/rlw>

Michael Lewis  
NWS Northern IN  
(574) 834-1104 x726  
<http://weather.gov/lex>



### Heat Awareness

HEATXDHNEC  
QUTSSEOWTR  
TFYEKIKAAA  
QCSOSBPTRM  
YCRUKRSCDP  
ETACUDEAYS  
SXTAEHRTHB  
ECCOOLKGZAR  
RSXERPANNW  
SUNBURNTEN

ACT  
COOL  
CRAMPS  
EDUCATE  
EXHAUSION  
HEAT  
HYDRATE  
STROKE  
SUNBURN  
TAKE  
WATER



Relative Humidity (%)	Temperature (°F)																		
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110			
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136			
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137				
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137					
55	81	84	86	89	93	97	101	106	112	117	124	130	137						
60	82	84	88	91	95	100	105	110	116	123	129	137							
65	82	85	89	93	98	103	108	114	121	128	130								
70	83	86	90	95	100	105	112	119	126	134									
75	84	88	92	97	103	109	116	124	132										
80	84	89	94	100	106	113	121	129											
85	85	90	96	102	110	117	126	135											
90	86	91	98	105	113	122	131												
95	86	93	100	108	117	127													
100	87	95	103	112	121	132													

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

Gzhiiwang Ziibi Dabaadjimowin

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## STEP UP TO FITNESS!



COME JOIN US FOR THE  
Tribal health clinics

2009

WALKING PROGRAM

Date: May 20, 2009

Time: 11:00

Where: community center

Contact: Deacon Wilson C.H.R.

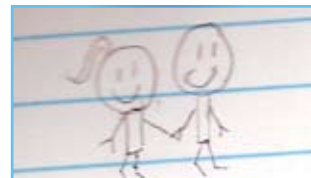
(231)398-6629

PERDOMETERS, LOG BOOKS, ECT. PROVIDED

ENJOY A GOOD HEALTHY MEAL.

WALKING REDUCES STRESS, HELPS YOU MAINTAIN A HEALTHY WEIGHT OR  
LOSE WEIGHT, IMPROVES YOUR FOCUS, PRODUCTIVITY, AND ENERGY LEVEL.

IT CAN LOWER YOUR BLOOD PRESSURE AND STRENGTHEN YOUR BONES



## Second Annual

## Nibbin (i.e. summer) Youth Camp

## New Information and Games

When: June 8-19, 2009 8:30a.m.-3:30p.m Mon. thru Fri.  
or July 27-Aug. 7, 2009 8:30a.m.-3:30p.m. Mon. thru  
Fri.

Where: Pow-Wow grounds Little River Band of Ottawa  
Indians Manistee Michigan

Ages 8-16 Campers will learn about healthy eating, portion sizes, reading food labels and many other topics on  
nutrition and exercise.

Play games, go on a hike, go swimming (hopefully in the new pool), make dream catchers and other crafts. Make a  
snow snake, and learn many indoor and outdoor games to stay activity all year long.

Breakfast, lunch and snacks provided

There will be hours of fun and lessons to share.

Good behavior is expected at all times so all participants may enjoy this opportunity.

There is no cost for this activity which is provided through Special Diabetes Program Initiatives and the  
Little River Band of Ottawa Indians Tribal Health Clinic

(compiled by Office of Public Affairs)

If you have any specific questions, ideas or comments regarding this information, please address them to:

The Office of Public Affairs, LRBOI, 375 River Street, Manistee, MI. 49660. 231-398-6840.

Or send them direct to [currentcomments@lrboi.com](mailto:currentcomments@lrboi.com).

Your comments will be forwarded to the right person at the tribal government within 24 hours.